

# ***MANOR MATTERS***

**A PUBLICATION OF THE ST. PAUL'S MANOR RESIDENTS' ASSOCIATION**

The purpose of this newsletter is to help know our newcomers, our established residents and our staff and to encourage participation in St. Paul's activities and those of our community.

Vol.8 No.5

January 2012

## **Benefactor Tom Sefton**

Thomas Wolcott Sefton was born in New York City in 1917 and was orphaned at two months. He was adopted by Joseph W. Sefton, Jr. and his wife Helen, and grew up in San Diego's Point Loma. During his childhood he spent time at the family's Monte Vista Ranch in the Jamacha area. He attended the local Army/Navy Academy and the Catalina Island Boys School. After graduating from high school Tom enrolled in a flying school.

In 1938 he became a messenger at the San Diego Trust bank where his father was president. In 1941 he began work at a local aviation plant and in 1942 he left the plant to join the Army Air Corps. He was assigned to troop carrier work in Italy and flew missions over the Mediterranean. He was released from active duty in 1946 with the rank of captain. Upon his return to San Diego he resumed his career with San Diego Trust, serving in a new capacity as assistant to the president, eventually assuming the presidency.

Tom married Donna Knox, daughter of San Diego Mayor Harley Knox. They had two children, Laurie Jo Henson and Harley Knox Sefton, both of whom are residents of San Diego. There are four grandchildren

Tom was a collector of model trains, old coins, toy banks and Laurel & Hardy memorabilia. He had a museum at the bank and enjoyed mingling with visitors to the museum. The San Diego Natural History Museum owes its start to Tom's grandfather, Tom's father was president of the museum from 1922 to 1966 and Tom served on the Board of Trustees from 1960 to 1978.

Among his many awards he was named "Boss of the Year" in 1961 by the San Diego Junior Chamber of Commerce, and in 1966 the National Secretaries Association named him "Executive of the Year" In 1972 the Grant Club chose him as "Mr. San Diego".

Following are some quotes written about Tom Sefton "Tom never wanted to be known for his altruism, but he cared about everyone." "Always a gentleman, but with a healthy dose of mischievousness thrown in, whenever Tom Sefton touches someone's life, he leaves his mark". Cheryl Wilson can attest to that, she and Tom were dear friends. He gave money to St. Paul's for the capital campaign (kitchen) and when they redid the kitchen and added the solarium onto the dining room he paid to have the patio redone, hence the patio was named for him. He also gave a lot of money for the Memory Care unit at the Villa. He had Alzheimers at the end of his life and passed away in November of 2006.

*Judy Schneider, Jaimie Robinson*

## **LUV Luncheon**

Thirty guests in festive attire gathered at the Villa to celebrate "Love Uniting Volunteers", the support group that has provided many comforts for St. Paul's Senior Homes and Services. Attendees were CEO Cheryl Wilson, Chaplain Leigh Jacobsen. LUV President Joyce Frye, Board members and residents. We learned of fund-raising, future plans, past successes, honored recently deceased LUV member Laura Anderson, heard the Christmas story from St. Luke's Gospel read by Father Leigh, a poem by Jean Lounsbury and Dr. Jim's reminiscence about building St. Michael's Cathedral. It was a fitting start to the holidays at St. Paul's.

*Sheila Hilliard*

*Profile*  
**Debbie Reaza**

To catch up with the past six years of Debbie's life we met for a chat on the Lahodney Patio. She is a busy lady, the Food Service Manager for all of St. Paul's facilities. She keeps up on all the recent trends, long term changes, cultural changes, etc. through ongoing continuing education courses.

In February, Debbie and her husband celebrated 27 years of marriage and four years ago they bought a home in Ramona with land to keep her Peruvian horse. Sometimes Debbie has a long ride through the San Diego Country Estate; must be wonderful.

Their daughter Heather and son-in-law have two beautiful children, Darien who is two years old and Sierra who will be one in January. They give Grandma and Grandpa much happiness.

Recently we saw Debbie dance with the Ramona Rockettes during the recent Staff Talent Show, a group Debbie joined about nine months ago. The routines are complicated to learn.

For an extensive trip through Portugal, Spain, France and Italy and traveling by car to Naples, Rome and Sicily, the Rezas invited Mother, in a wheel chair, to join the trip. It was a wish of Debbie's mother to travel one more time and she enjoyed the sights and the travel until the very last day when she became very ill. Luckily they all made the trip home to San Diego. This turned out to be the last trip for a person who had traveled for many years. A kind of happy ending of life.

Since then the Rezas have travelled via motor home through Alaska. They recommend state parks as being the most beautiful places to stay.

Debbie enjoyed Christmas with the grandchildren and she looks forward to happy times with them through the years.

St. Paul's is fortunate to have such a lively, dedicated person on the staff, whose greatest pleasure is helping seniors have good times and good food. That's us!

*Rosemary Bolstad*

\*\*\*\*\*

Did you ever notice that the Roman numeral for 40 is XL?

**Miss Manors Sez**

Lots of our folks have been on the move...**Jim Campbell** and family were at Camp Stevens in Julian over Thanksgiving....**Jim Williams** was gone for a week....celebrating his 90th with his family....**Betty Seman** celebrated her 90th in Hawaii....and **Jay Linn** was in Palm Springs celebrating her 97th with her family...speaking of birthdays **Ginnie Sambo** had a little birthday party with her "lunch bunch".... **Dennie Foster** opened her door on her birthday morning to find a balloon and the "Wild Thing"....**Charlie Offenhauer** toured the Grand Canyon with family...**Marilyn Slater & Don Hulbert** went on an Elderhostel trip to Yosemite....**Connie Ferrill** spent Christmas with her son near Yosemite....**Gene Swanson** and daughter were in Mexico for Christmas....**Sheila & Dr. Jim** cruised to Hawaii....

While some travelled some had visitors here....**Agnes & Dick Quinn** had family from Chicago and Pittsburgh....**Judy Schneider** had her son and family here from Hawaii....saw **Lucy Duval** with her son....ditto **Gracie Miller**....**Charles McMahon** had his grandson to dinner....**Carole Broman's** granddaughter visited from Oklahoma...

Have you noticed the new Bowling plaque hanging in the LUV Lounge????....

There were no new residents at Meet & Greet but we all enjoyed socializing....it was a toss up between **Ramona Court** and **Gene Swanson** as to who won the San Diego trivia....we found out that **Gene** lived on the only street in San Diego that starts with an X....

Christmas Carols were dominant....a group of 6th graders sang at dinner one evening while the Rotary Club sang to us at lunch one day....the San Diego Choral Club entertained us in the LUV Lounge....our Sing A Long group led by **Betty Coats** and **Jim Campbell** caroled through the halls while touring the doors....the group "performed" at the Villa and at the Health Care Center...

Everyone looked so nice the night of the Board Dinner...**Regina Deuel** wore a pretty long skirt...not used to seeing **Bob Holt** in jacket and tie....ditto **George Tomlinson** and **Dr. Jim Soules**...while **Connie Ferrill** was all in black **Dorothy Hattman** was striking in red....

Thanks to Dolores for once again hosting the Christmas Eve gathering....the gift exchange sure was fun....HAPPY NEW YEAR TO ALL.....

## **The San Diego Choral Club**

Saturday, December 3rd, a delightful medley of old and new holiday music "We Wish You The Merriest" was presented to us by The San Diego Choral Club. The eleven vocalists were led by their director Claudia Allen and accompanied by Kevin Cavanaugh on the piano. Nine of the vocalists honored us with solos. An especially moving "Merry Christmas, Darling" was sung by Maggie Taylor. We were encouraged to sing along during a Christmas Mosaic.

The organization, founded in 1938, is over 50 years old. It is not as large as it once was, when more women were stay-at-home moms, but it has a loyal following and is always looking for new members. They primarily perform at Senior Homes, where often some of the residents have previously performed with them. If you wish to see more of The San Diego Choral Club they are also on Facebook and YouTube and will be returning here in the spring

*Ann "Marilyn" Schulte*

## **Board Holiday Dinner**

Two busloads of Manorites were driven to The Villa for the Annual Board Holiday Dinner. It was so nice to see everyone dressed in their "Sunday best". We were greeted by CEO Cheryl Wilson, then escorted to our tables by members of the Board while carrying our introductory glass of champagne or cider. The food was served by Board members with the help of our dietary staff who looked sharp in their formal white shirts and red bowties. Cheryl Wilson kept our glasses filled and the h'oeur derves kept coming. The dinner was topped off with yummy petit fours and a selection of liqueurs.

The story of the Christmas cane was one many of us had not heard before and we each got to take a candy cane home to share with our loved ones on Christmas Day. The background music was lovely without being intrusive. We ended the festivities with all of us singing traditional Christmas Carols and the Dietary Staff sang Felice Navidad to us.

As we left we received a token gift as we said goodnight and thanks to Cheryl. It was a delightful evening and one we look forward to each Christmas season.

*Judy Schneider*

## **Tour of Doors**

The Tour of Doors, a long established custom here at St Paul Manor, was held on Wednesday afternoon on December 7th. Residents toured from 1:00 to 4:00 and the Sing a Long group were heard singing on each floor. Some residents invited the group inside to see their decorative Christmas atmosphere and have some treats. Kay & Paul Terwilliger made you feel you had stepped inside of a movie studio with the entire living room carrying out the season's theme by surrounding you with music from their little toy orchestra high atop the china cabinet, the angels inside the cabinet, the lit up angel on the window and many other decorations around the room. Kay was handing out chocolates and nuts. On one of their front doors there is a wreath and on the other front door a jolly bearded Santa Claus who talks when you step in front of him. From within Bettie Lu Thorn's apartment a CD played familiar Christmas Carols. At her door there was a talking Santa with a bag of toys. A small tree laden with presents was there too. Olivia McKee displayed many phases of the Xmas season. On the floor of her front door were a couple of brown bears sitting on what appeared to be a block of ice; on a wicker table sat a little Santa in a sled and he was being pulled by one over-worked red reindeer. Peggy Trosper invited the group in for a berry drink and some cookies. Outside her door were bears, bears and more bears. Bears were resting in her wreath, bears were seated on the floor and bears were hanging on the sides of the outer wall. Lucy Duvall had her front door completely covered in red Christmas paper. Strategically placed were a couple of small boxes and addressed to, you guessed it, Lucy. Bebe Bressler decorated for Hanukkah which is going to coincide with Christmas as it lasts for eight days. She displayed the menorah and the dreidel but no potato latkes, the traditional food.

Many residents participated in decorating their doors. A wreath was found on most of them. The wreaths were made of holly, twigs, pine and even quilted and braided as was the one on Betty Coats' door. The only outside Angel was found on Carol Alexander's door. We thank all who participated and look for more residents to participate in this tradition in 2012. Also we can always use more carolers. Song books are furnished and being with the group can help get you in the season's spirit.

We thank the judges of this event: Linda, Marina, Bob and Matt.

*Bebe Bressler*

\*\*\*\*\*

The easiest way to find something lost is to buy a replacement.

## **Dining Out**

Fig Tree Cafe

416 University Avenue

Each table has the following notation: “Here at Fig Tree Cafe we use the freshest ingredients; our potatoes are seasoned with rosemary grown at our Pacific Beach location, our eggs are 100% natural, from a family-owned ranch 35 miles northeast of Fig Tree Cafe. We make everything to order. If during our busy time on the weekend your food takes longer to prepare, rest assured it is because we do not take shortcuts when preparing your meal. Worth waiting for? We think so.” Your reporter thinks so too.

My first visit to the Fig Tree was on a Saturday morning. Its location is great for people watching, and that is what we did while waiting for our menus. The items are printed on both sides of a sheet of paper. “While you’re waiting” dishes are printed on one side while sandwiches, salads, pizzas, etcetera are on the other. The menu includes three desserts: bread pudding with ice cream, frozen key lime pie and tiramisu. The prices are moderate.

If the menu is not thrilling enough, I love that they do not include any “home made” items - the term offends my English grammarian soul, I always want to ask, “Whose home??” Instead, the menu includes “house made” items.

*Lee Rathbone*

## **Taste of Hanukkah**

Much to everyone’s delight, the children from Ohr Shalom Synagogue returned this year to share the story and celebration of Hanukkah

To set the stage, one of the adults (Miriam) told a somewhat humorous version of the origin of Hanukkah. Then the school principal, Harriet, told a more traditional version of the miracle of the tiny bit of oil that burned for eight days in the temple and of the courageous Maccabees. Accompanied by a witty and talented guitarist, the children sang several Hanukkah songs. Our residents joined in on a few, learning some Hebrew words. The Menorah was then lit followed by the prayer in song. Then each resident was presented with a wrapped gift by the children. What a heartwarming event and we thank Ohr Shalom congregation for giving us this experience.

*Ruthann Maxwell*

## **Excursion**

Cook – Melville – Gauguin

Because of its popularity, The Maritime Museum of San Diego has extended the world-class exhibit entitled “Cook – Melville – Gauguin; Three Voyages to Paradise” until the first of April. Imagine what treasures one would have seen exploring the Pacific Islands in centuries past? The “Three Voyages to Paradise” exhibit is inspired by those visions as seen through the eyes of Captain James Cook, author Herman Melville and impressionist painter Paul Gauguin.

Highlighting this extraordinary exhibit are original paintings created by the official expedition artists on James Cook’s second and third Voyages of Discovery. Scientific and navigation instruments from Cook’s time as well as personal effects and Cook memorabilia are displayed. Paintings, engravings and whaling artifacts representative of Herman Melville’s episodic adventure in the South Seas are interpreted using select examples of his writings.

Central to the exhibition is a comprehensive collection of original oil and watercolor paintings, woodblock prints, engravings and sculpture by Paul Gauguin. This exhibit comprises the largest display of three-dimensional Gauguin masterpieces currently seen anywhere in the world, including a newly discovered Gauguin wood carving on display for the first time in America.

The museum is located at 1492 North Harbor Drive. Admission, just \$11 for seniors, includes visitation to the various ships in their collection, featuring the *Star of India*, the oldest continually operating sailing ship in the world. Also included in the admission price are the exhibits related to the construction of a new tall ship – a full-sized replica of *San Salvador*, the flagship of Cabrillo’s 1542 voyage discovering San Diego. The construction site is at the north end of Spanish Landing Park, opposite Terminal 2 on North Harbor Drive.

*Bob Holt*

## **Employee Appreciation Day**

We, at The Manor, appreciate our staff every day but once a year we get to “put our money where our mouths are”. Our contribution this year was \$30,000 and we extend to our staff a heartfelt THANK YOU and our wishes for a Merry Christmas and a Happy New Year.

*Judy Schneider*

## Elder Abuse

### New Library Books for January

George, Margaret: *Mary Called Magdalene* \*  
Rand, Ayn: *Atlas Shrugged* \*  
James, P.D.: *Death Comes to Pemberley* \*  
Ondaatje, Michael: *Cat's Table*  
Steele, Danielle: *Five Days in Paris*  
Barnes, Julian: *The Sense of an Ending*  
Steele, Danielle: *Hotel Vendome*  
Connelly, Michael: *The Drop*  
DeGeneres, Ellen: *Seriously...I'm Kidding*  
Crichton, Michael: *Micro*  
Smith, Alexander: *The Forgotten Affairs of Youth*  
Evanovich, Janet: *Explosive Eighteen*  
Grafton, Sue: *V is for Vengeance*  
King, Stephen: *Cell*  
Cornwell, Patricia: *Red Mist*  
Cussler, Clive: *Devil's Gate*  
Otsuka, Julie: *The Buddha in the Attic*

Carole Broman

### Quickie Book Reviews

\**Mary, Called Magdalene* by Margaret George

The author has taken what little is known about this popular and controversial saint and has woven this information into an imaginative and provocative story of what her life might well have been.

\**Atlas Shrugged* by Ayn Rand

Ayn Rand was tremendously popular in the 50's and her books are experiencing new enthusiasm including this reprint of *Atlas Shrugged*. In a very complex way this book is about the death of a man's body and the subsequent rebirth of his spirit.

\**Death Comes to Pemberley* by P.D. James

One of our most popular mystery writers draws the characters of Jane Austen's beloved novel *Pride and Prejudice* into a tale of murder and emotional mayhem.

Anne Chisham

*Rin-Tin-Tin* by Susan Orleans

A history of the well known star of the silent screen, an orphan rescued from the battlefields of France during WWI and whose progeny also became movie stars. This is an interesting bit of movie lore.

Gene Swanson

Two representatives from the Office of the Elder Abuse Victims of the San County District Attorney dropped by to inform a small group of twelve residents about elder abuse and how to confront it

Kelly Jones from the California Department of Insurance presented a video of what to do if an insurance agent calls and asks to come and give advice on how to change your annuity. During the video several examples were shown as well as various ways to simply tell the agent to leave and not feel guilty about doing so.

Also appearing was Katie Wilson from the District Attorney's Elder Abuse Advocacy & Outreach Program who spoke on what constitutes elder abuse. She discussed the various warning signs of elder abuse:

- 1) Physical abuse
- 2) Emotional abuse
- 3) Financial abuse
- 4) Neglect or fraud by a caregiver
- 5) Self-Neglect by a Resident with no Caregiver.

The latter two types of abuse are fairly well taken care of through the facilities of the Manor in researching the qualifications, etc., of the caregivers in our midst.

In San Diego County between 100 and 150 examples of fraud abuse of elders are reported *each month*. For us at the Manor, reporting any type of abuse, fraud, or crime is best handled by first discussing the problem with Gaye Lynn, the Director of Social Services— 619 239 2097

Telephone numbers

Department of Insurance— 800 927 4357

Elder Abuse Advocacy— 619 531 3245

Jim Campbell

### Bayside Babes

About eight senior women representing many locales from the Philippines to Kansas entertained us with hulas to traditional Christmas songs. They also played their ukuleles. They wished us Mele Kalekemaka (Merry Christmas in Hawaiian).

They closed with *To You Sweetheart Aloha* and circulated among the audience with greetings and we said Mahalo for a pleasant respite.

Bettie Lu Thorn.

## St Paul's Cathedral & Residences

St Paul's Cathedral has owned two pieces of land, adjacent to the historic site, for many years. This property has been for residential development. About 23 years ago when current Manor resident Bud Peterson was Chair of the Chapter Committee, there was already discussion how best to use this property. The current goal is to create an economic foundation that will help the Cathedral remain viable and also continue to meet the soaring needs of the community. St Paul's Cathedral and Residences will compliment the community with homes close to jobs and near public transportation. The plan includes two mixed-use buildings with a careful blend of residential, commercial and office space and abundant parking facilities.

The plans for St. Paul's Cathedral and Residences is the product of an eight-year conversation with the residents and community leaders of San Diego. Thousands of hours of tedious meetings, reports, set-backs and successes occurred. A dedication to the vision of what could be, and unrelenting faith led to final approval from the San Diego Planning Commission and on November 8th UNANIMOUS approval from the San Diego City Council. Several of us Manor residents were there to support and to witness the amazing vote.

Ringed accolades were poured on Dean Scott Richardson for the manner in which his team worked with respect and patience with officials and community groups. It was said he was a model for the city. Several weeks later the Dean said "I believe that developing the cathedral properties will turn out to be a blessing"

Thanks for prayerful planning.

Betty Coats

## From Linda's Desk

I cannot stress enough the importance of putting your "good morning sign" on your doorknob *each and every morning*. When you put the sign out the night before you are telling us that you will be fine in the morning....I'm not sure any of us knows that in advance. It is for your benefit that we make sure you are okay.

Linda Redenbaugh

## Activities for January

**Happy New Year!** Let's start the year off right and have a healthy and active month!

**Lunch Outings** – Every Wednesday we have a great selection of restaurants we venture to and enjoy. Starting this month we will be going to a mall one Wednesday out of each month. If there is a particular mall you would like to shop at please let me know! Everyone is welcome to enjoy a day out! Sign up in the Shattuck Lounge. (If you have any suggestions for a restaurant you would like to visit please see me in my office or leave me a note.)

**Viejas Trip**– We have planned a fun outing to Viejas Casino where you can SHOP, EAT and PLAY! On Thursday January 5th from 10am to 2pm. Sign up in the Shattuck Lounge.

**Port of Call China**- We are continuing on our Manor cruise! On Thursday, January 12th during dinner at 4:30 & 6:00 pm we will be porting in the great country of China! Get your passport ready to be stamped and let's have a great time!

**Emma's Gut Bucket Band** – They will be playing old time fiddle tunes, blue grass and classic country music on Thursday, January 26th at 2:00pm in the LUV Lounge. This is great music that will get your toe tappin!

Activity Coordinator – Marina Hernandez



## January Birthdays

George Tomlinson	09	Beulah Nelson	20*
Dorothy McCooley	13	Regina Deuel	26
Mary Nolen	13	Mary Jane Pennington	29
Dory Scantlen	18	Bud Peterson	31

\* 100 years young

## Editorial Staff

Editor/Production Manager.....	Judy Schneider
Reporter/Columnist.....	Rosemary Bolstad
Reporter/Columnist.....	Jim Campbell
Distributors.....	Jim Campbell
	Betty Seman
	Lorna Thomas